



AMES CYCLONE AQUATICS CLUB



Winter Classic

January 15 - 17, 2016
Ames High School, Ames, IA
Open – 25yd

ISI SANCTION: IA-16-03R held under the sanction of USA Swimming and Iowa Swimming, Inc. (ISI).

RULES: Current USA Swimming and ISI technical and administrative rules will govern this meet.

DATES: Friday, January 15th, 2016
Saturday, January 16th, 2016
Sunday, January 17th, 2016

TIME:	Morning	Afternoon	Evening
<i>Coaches Meeting:</i>	7:15 am	If needed	If needed
<i>Warm-ups:</i>	7:30 am*	Immediately following morning, but not before 11:00 am*	5:00 pm*
<i>Competition:</i>	8:30 am	Not before 12:00 pm	6:00 pm

*Teams will be notified by the Tuesday before the meet starts which warm-up period they are in, if warm-ups are to be split.

SITE: ***Ames High School Pool***
1921 Ames High Drive, Ames, IA 50010

- Indoor pool with six 25 yard lanes.
- Water Depth: 4.5 ft. at shallowest start and turn, 12.5 ft. at deepest start and turn. At both the start end and turn end of the pool in lane 6, the pool depth is 4.5 ft. The pool depth gets gradually deeper going toward lane one until reaching the final depth of 12.5 ft. in lane 1.
- The competition course has been certified in accordance with USA Swimming Rule 104.2.2C (4). A copy of such certification is on file with USA Swimming.
- Daktronics electronic timing system with touchpads, one back-up button and 2 watch back-ups per lane.



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COACHES: Only currently registered USA Swimming coach members will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29) to verify that all certifications are current and on file. Coaches shall wear their coach membership cards so that they are clearly visible to swimmers and meet personnel at all times. Displaying credentials on Deck Pass does not satisfy this requirement.

WARM-UPS: The ISI mandatory warm-up procedure will be followed in accordance with Section J.XI of the ISI Code Book. All swimmers are to carefully enter the pool using feet first, three point entry. The pool will be cleared 10 minutes prior to competition.

All swimmers must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach shall report to the Meet Referee prior to his or her warm-up. The Meet Referee will assist in making arrangements for such supervision, but it is the swimmer's responsibility to ensure such arrangements are made prior to the start of the meet.

RACING STARTS: All swimmers entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ENTRY REQUIREMENTS:

- 1) Swimmers must be currently registered as an athlete member of USA Swimming in order to compete.
- 2) Swimmers must enter the age group events corresponding to each swimmer's age as of the first day of the meet - Friday, January 15th, 2016.
- 3) A swimmer may enter up to 4 individual events and 1 relay per day.
- 4) Seed times must be submitted for a 25 yard course. NT entries will be accepted. A swimmer or relay seed time can be no faster than the best time the swimmer or relay has achieved in an event swum in the same length pool as this meet. Converted times are not allowed.

4-HOUR RULE: Pursuant to Rule 205.3.1F of USA Swimming Rules and Regulations, the program in all age-group competitions shall be planned to allow the events for swimmers 12 years and younger to be completed in 4 hours or



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less. Total entries shall not exceed 100 splashes per lane per session unless additional splashes do not jeopardize the 4-hour rule. Relays may be scratched if timeline exceeds 4 hours.

ENTRY SUBMISSION:

Entry fees are as follows:

- 1) Individual events are \$5.25 per event.
- 2) Relays are \$10.50 per relay.
- 3) ISI swimmer surcharge is \$3.00, per swimmer.
- 4) Teams submitting entries requiring manual input will be charged \$2.00 per swimmer if there are more than 5 swimmers.

Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager software. All other entries require manual input and must be submitted on the ISI Meet Entry Form (APP-7).

Submit entries along with ISI Financial Sheet (APP-8.1). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.

Payment shall be by check or money order made payable to ACAC. All entry fees, including the ISI swimmer surcharge, should be combined on one check. The host club reserves the right to require payment by money order or cashier's check. Entry fees are non-refundable; the ISI swimmer surcharge will be refunded only if the entire meet is cancelled.

ENTRY DATES AND DEADLINE:

- 1) Entries will be accepted from teams/athletes in the Iowa LSC and from non-ISI teams that attended last year (GOAL-MW, LAC – Canada, and SFX-SD) beginning on November 25th, 2015 at 8:00 a.m.
- 2) Entries will be accepted from all teams beginning December 2nd, 2015.
- 3) Manual entries, along with entry fees and financial sheet, must be received no later than Wednesday, January 13th, 2016.
- 4) Electronic entries must be received no later than 12:00pm on Monday, January 11th, 2016. A hardcopy of the entries, along with entry fees and financial sheet, must be received by Tuesday, January 12th, 2016.
- 5) Electronic entries will be confirmed via a return email receipt.
- 6) Entries will not be accepted by phone or fax.

LATE

- 1) Late entries will be accepted at the discretion of the Meet Director,



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- ENTRIES:** up to the beginning of warm-ups for each session. In addition, deck entries will only be accepted if an empty lane is available in the event requested.
- 2) No additional heats will be added for late entries.
 - 3) Contact the Meet Director during the meet to inquire about deck entry availability.
 - 4) Late entry fees: Individual events \$10.50 per event & Relay events \$21.00 per relay.
 - 5) Deck entry swimmers will be required to show their current Athlete USA Swimming Membership card.

SWIMMERS WITH DISABILITIES: Swimmers with disabilities are encouraged to compete. The Information for Adapted Competitive Swimmers (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Meet Referee. The swimmer (or swimmer's coach) is responsible for providing any equipment or assistants required. See Article 105 of USA Swimming Rules & Regulations.

SEND ENTRIES TO: Eliot Winer
3202 Harrison Road, Ames, IA - 50010
(515) 450-1077
meetentries@swimacac.com
Express mailing entries shall be sent NO SIGNATURE REQUIRED.

MEET DIRECTOR: Jeremy Galvin
2002 Cessna Street, Ames, IA 50014
meetdirector@swimacac.com
515-450-2465

MEET REFEREE: Jason Horras
3026 Weston Drive, Ames, IA 50010
515-291-0827
jason@21stcenturyrehab.com

OFFICIALS: ACAC welcomes any visiting USA Swimming Officials who would like to officiate at this meet. If you are able to officiate, please contact the Meet Referee. An apprentice session can also be provided as suitable.

MEET COMMITTEE: A meet committee comprised of the Meet Referee, Meet Director, a Coach Representative, an Athlete Representative and a certified official acting at



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large will be established in accordance with Section J.X of the ISI Code Book. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests against judgment decisions can only be considered by the Meet Referee and the Meet Referee's decision is final. The committee shall act as a board of review section in case of an emergency.

MEET OPERATION:

- 1) All events will be pre-seeded, except the 500 Freestyle and the 1000 Freestyle.
- 2) All heats will be swum fastest to slowest.
- 3) Positive check-in is REQUIRED for the 500 Freestyle and 1000 Freestyle.
- 4) 500 Freestyle, 1000 Freestyle and 400 IM events will be swum alternating girls and boys.
- 5) Positive check-in deadline is 15 minutes after the start of warm-ups of the session in which the event is included.
- 6) Swimmers failing to check in will be scratched and the spot offered to any late entry alternates.
- 7) Swimmers failing to check-in and late entries may still swim if there are any open lanes. These swimmers will be treated as late entries and will be added on a first come basis.
- 8) If names are on entry sheets for relays, those names will be on the relay cards at the meet.
- 9) The host is not responsible for providing rest for swimmers between events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the Deck Referee.
- 10) Events may be combined to facilitate meet operation and separated later for results.
- 11) Fly-over starts will be used for all events.
- 12) Changing into or out of swimsuits, partially or fully, other than in locker rooms or other designated areas is prohibited. Any swimmer observed changing, partially or fully, into or out of his or her swimsuit, in an area other than a locker room or other designated area, will be subject to disqualification at the discretion of the Meet Referee.

SCORING:

No individual or team scoring will be done for this meet.

AWARDS:

Ribbons 1st – 6th place for 12 & under events.



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- SCRATCHES:** The ISI scratch rule is in effect. See Section J.XII of the ISI Code Book.
- USA SWIMMING REGISTRATION:** No USA Swimming registrations will be accepted at the meet. Any swimmer who is not a currently registered athlete member at the time the pre-meet reconciliation is performed must ensure that ISI has received the appropriate application and fees at least 24 hours prior to the start of competition. Failure to do so will result in the swimmer's entries being scratched and the swimmer barred from entering the pool.
- CAMERAS:** USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN CHANGES AREAS, REST ROOMS OR LOCKER ROOMS.
- NO SMOKING OR ALCOHOL:** The use of any tobacco products or the consumption of alcohol is not permitted in the swimming venue.
- IMAGE RELEASE:** Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of ISI and/or the host club under conditions determined by the host club, and authorize the use of names, pictures, likenesses, and biographical information before, during or after the event to promote swimming. No awards received in this competition may be used for trade or financial gain.
- ADDITIONAL INFORMATION:**
- 1) Programs: Each team will receive a copy of the program.
 - 2) Results: Electronic results will be provided to all teams participating in the meet. Final results will be posted on the ISI website. A hard copy of final results will be mailed for a fee of \$5.00 & may be requested on the financial sheet.
 - 3) **Concessions:** *Limited concessions will be available consisting of water, sports drinks and swimmer-friendly snacks.*
 - 4) Swim apparel will be available through Splash Multi-Sport.
- INDEMNITY:** It is understood and agreed that USA Swimming and ISI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



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FRIDAY EVENING EVENTS – Session 1

Warm-ups 5:00 PM, Timed Finals 6:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	1	Open 400 IM ²	2	TF
TF	3	Open 1000 Free ^{1,2}	4	TF

All events will be swum FASTEST to SLOWEST.

¹ Positive Check-in deadline is 15 min after the start of warm-ups.

² Fastest to slowest, alternating girls and boys

SATURDAY MORNING EVENTS – Session 2

Warm-ups 7:30 AM, Competition 8:30 AM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	5	8&U 100 Free Relay	6	TF
TF	7	10&U 200 Free Relay	8	TF
TF	9	11-12 200 Free Relay	10	TF
TF	11	8 & U 25 Breast	12	TF
TF	13	10&U 100 Breast	14	TF
TF	15	11-12 100 Breast	16	TF
TF	17	8&U 100 IM	18	TF
TF	19	10&U 200 IM	20	TF
TF	21	11-12 200 IM	22	TF
TF	23	8&U 50 Back	24	TF
TF	25	10&U 50 Back	26	TF
TF	27	11-12 50 Back	28	TF
TF	29	8 & U 25 Free	30	TF
TF	31	10&U 200 Free	32	TF
TF	33	11-12 200 Free	34	TF
TF	35	8&U 50 Fly	36	TF
TF	37	10&U 50 Fly	38	TF
TF	39	11-12 50 Fly	40	TF

All events will be swum FASTEST to SLOWEST.



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SATURDAY AFTERNOON EVENTS – Session 3

Warm-ups immediately following AM session but not before 11:00 AM

Competition not before 12:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	41	Open 200 Medley Relay	42	TF
TF	43	Open 200 Free	44	TF
TF	45	Open 100 Fly	46	TF
TF	47	Open 200 Breast	48	TF
TF	49	Open 100 Back	50	TF
TF	51	Open 500 Free ^{1,2}	52	TF

All events will be swum FASTEST to SLOWEST.

¹ Positive Check-in Deadline is 15 min after the start of warm-ups.

² Fastest to slowest, alternating girls and boys

SUNDAY MORNING EVENTS – Session 4

Warm-ups 7:30 AM, Competition 8:30 AM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	53	8&U 100 Medley Relay	54	TF
TF	55	10&U 200 Medley Relay	56	TF
TF	57	11-12 200 Medley Relay	58	TF
TF	59	8&U 100 Free	60	TF
TF	61	10&U 100 Free	62	TF
TF	63	11-12 100 Free	64	TF
TF	65	8&U 50 Breast	66	TF
TF	67	10&U 50 Breast	68	TF
TF	69	11-12 50 Breast	70	TF
TF	71	10&U 100 IM	72	TF
TF	73	11-12 100 IM	74	TF
TF	75	8 & U 25 Back	76	TF
TF	77	10&U 100 Back	78	TF
TF	79	11-12 100 Back	80	TF
TF	81	8&U 50 Free	82	TF
TF	83	10&U 50 Free	84	TF
TF	85	11-12 50 Free	86	TF
TF	87	8 & U 25 Fly	88	TF
TF	89	10&U 100 Fly	90	TF
TF	91	11-12 100 Fly	92	TF

All events will be swum FASTEST to SLOWEST.



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SUNDAY AFTERNOON EVENTS - Session 5

Warm-ups immediately following AM session but not before 11:00 AM

Competition not before 12:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	93	Open 200 Free Relay	94	TF
TF	95	Open 100 Free	96	TF
TF	97	Open 200 IM	98	TF
TF	99	Open 200 Fly	100	TF
TF	101	Open 100 Breast	102	TF
TF	103	Open 200 Back	104	TF
TF	105	Open 50 Free	106	TF

All events will be swum FASTEST to SLOWEST.